

INTISARI

Latar Belakang: Kanker tidak hanya berdampak pada pasien, tetapi juga pada pengasuh keluarga yang berperan dalam mendampingi dan merawat pasien selama proses pengobatan. Pengasuh keluarga sering menghadapi berbagai masalah dan kebutuhan yang belum sepenuhnya terpenuhi oleh layanan kesehatan formal. Kader kesehatan berpotensi memberikan dukungan berbasis komunitas, namun gambaran masalah dan kebutuhan pengasuh keluarga terkait dukungan kader kesehatan masih belum banyak diketahui.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui gambaran masalah dan kebutuhan pengasuh keluarga pasien kanker terkait dukungan kader kesehatan.

Metode: Penelitian kuantitatif deskriptif dengan desain *cross-sectional* dilakukan di ruang khusus onkologi RSA UGM. Sebanyak 135 pengasuh keluarga dipilih menggunakan teknik *consecutive sampling* dan diukur dengan instrumen PNPC-ID.

Hasil: Masalah yang paling banyak dilaporkan adalah kelelahan (72,59%), kesulitan menangani rasa sakit pasien (68,89%), dan menangani masalah psikologis pasien (63,70%). Kebutuhan utama pengasuh keluarga meliputi informasi mengenai penanganan rasa sakit pasien (71,11%), mengetahui tanda atau perubahan fisik pasien (61,48%), serta menangani masalah psikologis pasien (61,48%). Terkait sumber dukungan, tenaga kesehatan terutama diharapkan memberikan dukungan dalam penanganan rasa sakit pasien (51,11%), sedangkan kader kesehatan lebih diharapkan membantu penanganan masalah psikologis pasien (40,74%), mendampingi ketika pengasuh tidak dapat meninggalkan pasien sendirian (40,00%), serta menyediakan pengganti sementara bagi pengasuh saat berhalangan (34,07%).

Kesimpulan: Pengasuh keluarga pasien kanker mengalami masalah multidimensi dan memerlukan dukungan terutama dalam aspek perawatan pasien. Kader kesehatan berpotensi berperan melalui pendampingan, edukasi, dan dukungan berbasis komunitas.

Kata Kunci: Kanker, Masalah, Kebutuhan, Pengasuh Keluarga, Kader Kesehatan

ABSTRACT

Background: Cancer affects not only patients but also family caregivers, who play a role in supporting and caring for patients throughout the treatment process. Family caregivers often face various challenges and needs that are not fully met by formal health care services. Community health workers have the potential to provide community-based support; however, little is known about the challenges and needs of family caregivers regarding support from community health workers.

Research Objective: This study aims to identify the problems and needs of family caregivers of cancer patients regarding support from community health workers.

Methods: A descriptive quantitative study with a cross-sectional design was conducted in the oncology ward of RSA UGM. A total of 135 family caregivers were selected using consecutive sampling and assessed using the PNPC-c ID instrument.

Results: The most commonly reported issues were fatigue (72.59%), difficulty managing patients' pain (68.89%), and addressing patients' psychological issues (63.70%). The primary needs of family caregivers include information on managing patients' pain (71.11%), recognizing patients' symptoms or physical changes (61.48%), and addressing patients' psychological issues (61.48%). Regarding sources of support, healthcare workers are primarily expected to provide support in managing patients' pain (51.11%), while community health workers are more expected to help address patients' psychological issues (40.74%), provide companionship when caregivers cannot leave patients alone (40.00%), and provide temporary replacements for caregivers when they are unavailable (34.07%).

Conclusion: Family caregivers of cancer patients experience multidimensional problems and require support, particularly in the aspect of patient care. Community health workers have the potential to play a role through mentoring, education, and community-based support.

Keywords: Cancer, Problems, Needs, Family Caregivers, Community Health Workers